



SOCIAL
KITCHEN
BY ASPENS

Week 1

SO HUNGRY

Autumn/Winter 2026

31/08/26, 21/09/26, 12/10/26, 02/11/26,
23/11/26, 14/12/26

23/11/26, 14/12/26

MON

TUE

WED

THU

FRI

MAINS

THAI STYLE CHICKEN
SATAY

CREAMY CHICKEN
CARBONARA STYLE
LASAGNE

ROAST GLAZED GAMMON

CHICKEN MADRAS

Choose From:

Battered Fish

Sausage Or Veg Sausag 

SWEET & SPICY
VEGETABLE STIR FRY 

SUMMER VEGETABLE &
BASIL LASAGNE 

CHEESY BUTTERNUT &
PUFF PASTRY SLICE 

VEGETABLE LASAGNE
WITH GARLIC BREAD 

Chips 

SIDES

COCONUT RICE & ASIAN
VEGETABLES

GARLIC FOCACCIA &
MIXED SALAD

HERBY SMASHED
POTATOES & ROASTED
VEGETABLES

YELLOW RICE &
KACHUMBER SALAD

Garden Peas or Baked
Beans, Irish Curry Sauce
Chip Shop Gravy



DONBURI GOCHUJANG
CHICKEN BOWL

CHICKEN OR AUBERGINE
KATSU CURRY BOWL

COCONUT CHICKEN
CURRY NOODLES

KOREAN BBQ PORK BOWL

CRISPY ONION JALAPENO
MAC CHEESE BOWL



OPEN CHICKEN KATSU
WRAP

GREEK CHICKEN GYROS

DONER KEBAB BOWL

SWEET CHILLI CHICKEN
SHAWARMA

MARINATED FOLDED
CHICKEN NAAN



WHOLE PEPPERONI PIZZA

MARGHERITA

SPINACH CALZONE

CHICKEN TIKKA PIZZA

PEPPERONI



FILLED PANINI/ SPICY
CRUSHED FALAFEL
BAGUETTE

FILLED PANINI

FILLED PANINI/BAHN
MI PORK BAGUETTE

FILLED PANINI

FILLED PANINI/FISH
FINGER BAGUETTE

DAILY MEAL DEALS
REGULAR
CHEF'S SPECIALS

Freshly Made from
SCRATCH DAILY!

Fresh Cut Fruit & Yoghurt Pots
Available Daily

HANDCRAFTED DELI
FOCACCIA, BAGUETTES,
CIABATTA, WRAPS, SALADS &
MORE!

DELI KITCHEN
HOT GRAB & GO



SOCIAL
KITCHEN
BY ASPENS

Week 2

SO HUNGRY

Autumn/Winter 2026
07/09/26, 28/09/26, 09/11/26,
30/11/26,

MON

TUE

WED

THU

FRI

MAINS

CAJUN CHICKEN LOADED MAC
CHEESE

MARINATED PORK
FLATBREAD & TZATZIKI

TIKKA ROAST CHICKEN,
YORKIES AND GRAVY

HARISSA LEMON CHICKEN
TAGINE

Choose From:
Battered Fish
Sausage Or Veg Sausage ^V
Pizza Slice ^V
Chips ^V

CLASSIC BAKED MAC CHEESE ^V

GREEK CHEESE FILO PIE ^V

ROAST VEGGIE
SAUSAGE,
YORKIES & GRAVY ^V

ETHIOPIAN LENTIL STEW ^V

SIDES

PEPPER LIME SLAW

MEDITERRANEAN SALAD

FRESH STEAMED GREENS
& MASALA ROASTIES

TOMATO RICE
CHAKALAKA SALAD

Garden Peas or Baked
Beans, Irish Curry Sauce
Chip Shop Gravy

DONBURI GOCHUJANG
CHICKEN BOWL

CHICKEN OR AUBERGINE
KATSU CURRY BOWL

COCONUT CHICKEN
CURRY NOODLES

KOREAN BBQ PORK BOWL

CRISPY ONION JALAPENO
MAC CHEESE BOWL

OPEN CHICKEN KATSU WRAP

GREEK CHICKEN GYROS

DONER KEBAB BOWL

SWEET CHILLI CHICKEN
SHAWARMA

MARINATED FOLDED
CHICKEN NAAN

WHOLE
MINI
PIZZA



WHOLE PEPPERONI PIZZA

MARGHERITA

SPINACH CALZONE

CHICKEN TIKKA PIZZA

PEPPERONI



FILLED PANINI/ SPICY
CRUSHED FALAFEL
BAGUETTE

FILLED PANINI

FILLED PANINI/BAHN
MI PORK BAGUETTE

FILLED PANINI

FILLED PANINI/FISH
FINGER BAGUETTE

DAILY MEAL DEALS
REGULAR
CHEF'S SPECIALS

Freshly Made from
SCRATCH DAILY!

Fresh Cut Fruit & Yoghurt Pots
Available Daily

HANDCRAFTED DELI
FOCACCIA, BAGUETTES,
CIABATTA, WRAPS, SALADS &
MORE!

DELI KITCHEN
HOT GRAB & GO



SOCIAL
KITCHEN
BY ASPENS

Week 3

SO HUNGRY

Autumn/Winter 2026
14/09/26, 05/10/26, 16/11/26,
07/12/26,

MON

TUE

WED

THU

FRI

MAINS

HOMEMADE SMOKY PORK
& RED ONION SAUSAGE
ROLL

CRISPY HONEY SESAME
CHICKEN

SLOW ROAST PULLED GARLIC
& THYME PORK WITH GRAVY

MEXICAN BEEF CORN TACOS
AVOCADO CREMA

Choose From:
Battered Fish
Sausage Or Veg Sausage
Pizza Slice
Chips

SMOKED CHEESE & ONION
PASTY

SWEET CHILLI AUBERGINE
MUSHROOM & EDAMAME
STIR FRY

GARLIC & THYME
ROASTED VEGETABLE BEAN
BAKE

SPICY BEAN QUESADILLA

SIDES

POTATO WEDGES, BBQ
BEANS

STIR FRIED NOODLE & ASIAN
GREENS

ROASTIES, GREEN BEANS &
CARROTS

STEAMED RICE AND MEXICAN
SALAD

Garden Peas or Baked Beans,
Irish Curry Sauce
Chip Shop Gravy

DONBURI GOCHUJANG
CHICKEN BOWL

CHICKEN OR AUBERGINE
KATSU CURRY BOWL

COCONUT CHICKEN
CURRY NOODLES

KOREAN BBQ PORK BOWL

CRISPY ONION JALAPENO
MAC CHEESE BOWL

OPEN CHICKEN KATSU
WRAP

GREEK CHICKEN GYROS

DONER KEBAB BOWL

SWEET CHILLI CHICKEN
SHAWARMA

MARINATED FOLDED
CHICKEN NAAN

WHOLE MINI
PIZZA



WHOLE PEPPERONI
PIZZA

MARGHERITA

SPINACH CALZONE

CHICKEN TIKKA PIZZA

PEPPERONI



FILLED PANINI/ SPICY
CRUSHED FALAFEL
BAGUETTE

FILLED PANINI

FILLED PANINI/BAHN
MI PORK BAGUETTE

FILLED PANINI

FILLED PANINI/FISH
FINGER BAGUETTE

DAILY MEAL DEALS

Freshly Made from

Fresh Cut Fruit & Yoghurt Pots

HANDCRAFTED DELI
FOCACCIA BAGUETTES

DELI KITCHEN